

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Aspartic acid (g)

Food Groups: Breakfast Cereals  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: December 10, 2015 23:55 EST

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	1.703
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.037
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.986
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.738
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.707
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.636
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.413
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.396
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.368
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.326
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.304
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.281
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.275
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.259
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.257
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.255
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.254
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.253
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.252
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.252
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.249
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.247
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.239
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.238
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.238
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.233
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.231

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08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.231
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.230
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.229
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.212
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.210
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.203
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.200
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.195
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.195
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.193
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.180
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.178
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.173
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.172
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.171
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.164
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.144
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.124
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.119
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.111
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.099
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.097
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.097
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.082
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.073
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.072
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.059
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.059
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.057
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.052
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.049
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.047